

Ontario Masters

10K Cross Country Championships

Sunday, November 5, 1995
Sunnybrook Park, Toronto



1	Paul Roberts	1	M35	34:48	25	Bert de Vries	7	M45	41:06
2	Jerry Kooymans	1	M40	35:18	26	Michael Sheridan	8	M45	41:21
3	Larry McClosky	2	M40	35:37	27	Murray Mostyn	9	M45	41:50
4	James Earl	2	M35	35:45	28	Charlie Upshall	4	M50	41:51
5	Rob Earl	3	M35	35:49	29	Daryll Davies	7	M40	41:55
6	Eamon Condon	4	M35	37:10	30	Brian Drewett	5	M50	42:11
7	Bill Dunford	5	M35	37:18	31	Jack Geddes	1	M55	42:37
8	Gerry Holliday	3	M40	38:11	32	Oliver Sinclair	8	M40	42:58
9	George Aitkin	4	M40	38:18	33	Dan Anderson	6	M50	43:15
10	Brad Simser	1	M45	38:26	34	Allan Quartermain	7	M50	43:19
11	Murray Hale	2	M45	38:40	35	Jim Rawling	9	M40	43:27
12	Bob Knuckey	3	M45	38:49	36	Jim Wilson	8	M50	43:46
13	Jim Van Buskirk	6	M35	39:36	37	Alex Campbell	10	M40	43:51
14	Fred Dykman	5	M40	39:39	38	Hector Ricciuti	11	M40	43:52
15	David Sheridan	1	M50	39:41	39	Adrian Beer	9	M50	43:55
16	Dale Irwin	7	M35	39:51	40	Hugh Connolly	10	M50	44:42
17	Mike Sellon	6	M40	39:54	41	Reg Wilson	11	M50	44:44
18	Konrad Doerrbecker	8	M35	39:58	42	Paul Long	2	M55	45:24
19	John Pickard	4	M45	40:05	43	James Heron	12	M50	45:38
20	Gaetan Breton	5	M45	40:09	44	Pauline Watson	1	W40	45:50
21	Joe Allegretti	9	M35	40:30	45	Bruce Mitchell	13	M50	45:54
22	Tim Payne	6	M45	40:35	46	Bert Verhagen	14	M50	46:04
23	Bob Moore	2	M50	40:37	47	Clive Randewich	15	M50	46:06
24	Jim Clarke	3	M50	40:50	48	Alan Ashton	3	M55	46:14

49	Adele Emo	2	W40	46:15	85	Wayne Cosgrove	12	M55	52:56
50	Duncan Mounsey	4	M55	46:31	86	Eugene Scanlon	7	M60	53:12
51	Bill Bryson	1	M60	47:01	87	Gary Crawford	12	M45	53:29
52	Manuel Branco	12	M40	47:09	88	Margaret Rolfe	2	W50	54:11
53	Earl Fee	1	M65	47:14	89	Felix Charles	4	M65	54:39
54	Gerhard Krolow	2	M60	47:21	90	Joan Stapleton	1	W55	54:53
55	Norm Abbott	5	M55	47:31	91	Diane Cosgrove	7	W40	55:43
56	Alex Keeting	10	M35	47:33	92	Paul Collier	20	M50	56:05
57	Vern Christensen	16	M50	47:37	93	Peter Fellowes	1	M70	56:24
58	C. Royce	17	M50	47:49	94	Adri Rowswell	2	W55	56:54
59	Kirk Allan	11	M35	47:52	95	Wendi Hanger	3	W55	58:36
60	Jim O'Handley	10	M45	48:20	96	Neal Farquharson	12	M35	60:31
61	Christine Pimm	3	W40	48:31	97	Don Farquharson	2	M70	61:02
62	Brian Morans	3	M60	48:39	98	Barrie Martland	8	M60	62:06
63	Nancy Wells	1	W45	48:48	99	Conie Mammolti		Open	62:12
64	Carl Wilcox	6	M55	48:49	100	Laurie Goetl	8	W40	64:34
65	Dave Wilson	4	M60	49:00	101	Cathy Tedford	9	W40	70:20
66	Don Jones	7	M55	49:11	102	Ken Morris	5	M65	70:37
67	Bernie Conway	18	M50	49:20	103	Judith Kazdan	1	W75	73:11
68	Fred Robbins	13	M40	49:22*	104	Dave Boorne	21	M50	74:05
69	Molly Turner	1	W60	49:24	105	Jack Castle	6	M65	82:03
70	Cliff Hall	2	M65	49:36	106	Sid Pritchard	1	M80	1:29:17
71	Kathleen Walker	4	W40	49:45	107	Whitey	1	M75	1:52:24
72	Dermot Kavanaugh	19	M50	49:47					
73	Art Rappich	5	M60	49:55					
74	Bob Nagle	8	M55	50:10					
75	Charles Bostock	9	M55	50:29					
76	Ross Munro	14	M40	50:52					
77	Rod Hay	11	M45	50:54					
78	Claire Oger	1	W50	51:26					
79	Jim Milligan	6	M60	51:28					
80	Fred Waters	10	M55	51:38					
81	Drago Jakob	11	M55	51:55					
82	Ralph Lang	3	M65	52:21					
83	Christine Guy	5	W40	52:23					
84	Jacqueline Stroud	6	W40	52:47					

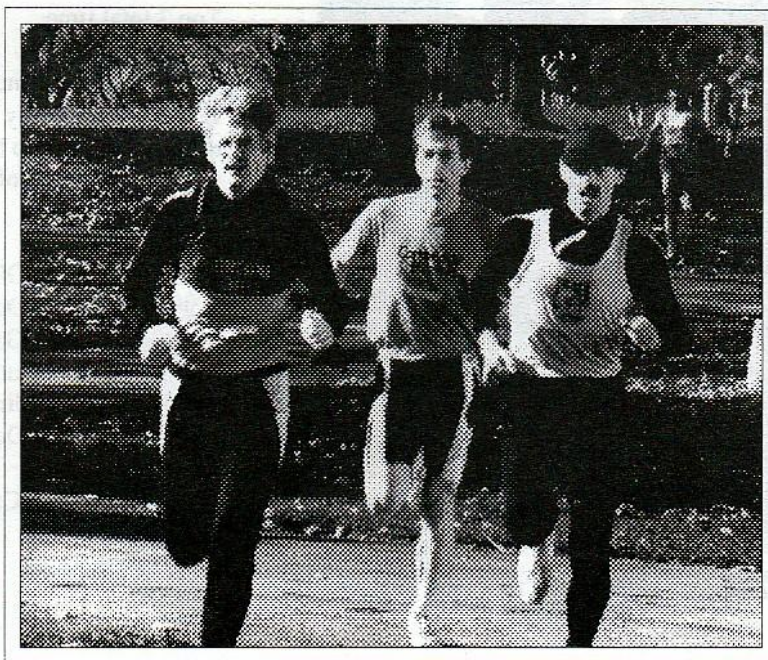
Medal winners in bold.

Team Results; (5 may run, 3 to count)

M35-44

1. North Bay Legion Track Club

Gerry Holliday	38:11
Murray Hale	38:40
John Pickard	40:05
Hector Ricciuti	43:52
Top 3 total time;	116:56



(L-R) M45 Bob Knuckey leads M40 George Aitkin and M45 Murray Hale. Youth prevailed, as George went on to finish 9th overall.

2. Longboat D	
Konrad Doerrbecker	39:58
Joe Allegretti	40:30
Jim Rawling	43:27
Top 3 total time;	123:55

3. Georgetown	
Alex Campbell	43:51
Manuel Branco	47:09
Jim O'Handley	48:20
Top 3 total time;	139:20

M45-59

1. Georgetown A	
Jim Clarke	40:50
Charlie Upshall	41:51
Jim Wilson	43:46
Bob Parker	DNF
Top 3 total time;	126:27

2. Longboat E	
Bert deVries	41:06
Allan Quartermain	43:19
Hugh Connolly	44:42
Paul Long	45:24
Top 3 total time;	129:07

3. Etobicoke Huskies Striders	
Bob Knuckey	38:49
Bruce Mitchell	45:54
Don Jones	49:11
Top 3 total time;	133:54

4. Scarborough Masters	
Jack Geddes	42:37
Reg Wilson	44:44
Vern Christensen	47:37
Top 3 total time;	134:58

5. London Pacers	
David Sheridan	39:41
Bert Verhagen	46:04
Bernie Conway	49:20
Top 3 total time;	135:05

6. Georgetown B	
Adrian Beer	43:55
Duncan Mounsey	46:31
Colin Royce	47:49
Top 3 total time;	138:15

7. Longboat F	
Jim Heron	45:38
Bob Nagle	50:10
Fred Waters	51:38
Paul Collier	56:05
Top 3 total time;	147:26

8. Scarborough Masters B	
Norm Abbott	47:31
Ron Hay	50:54
Gary Crawford	53:29
Jack Castle	82:03
Top 3 total time;	151:54

M60 and Over

1. Metro Fitness A	
Gerhard Krowlow	47:21
Molly Turner	49:24
Art Rappich	49:55
Don Farquharson	61:02
Top 3 total time;	146:40

2. Longboat C	
Brian Morans	48:39
Jim Milligan	51:28
Eugene Scanlon	53:12
Top 3 total time;	153:19

3. Metro Fitness B	
Cliff Hall	49:36
Ralph Lang	52:21
Peter Fellowes	56:24
Top 3 total time;	158:21

All Woman

1. Longboat A	
Adele Emo	46:15
Nancy Wells	48:48
Kathleen Walker	49:45
Claire Oger	51:26
Wendi Hanger	58:36
Top 3 total time;	144:48

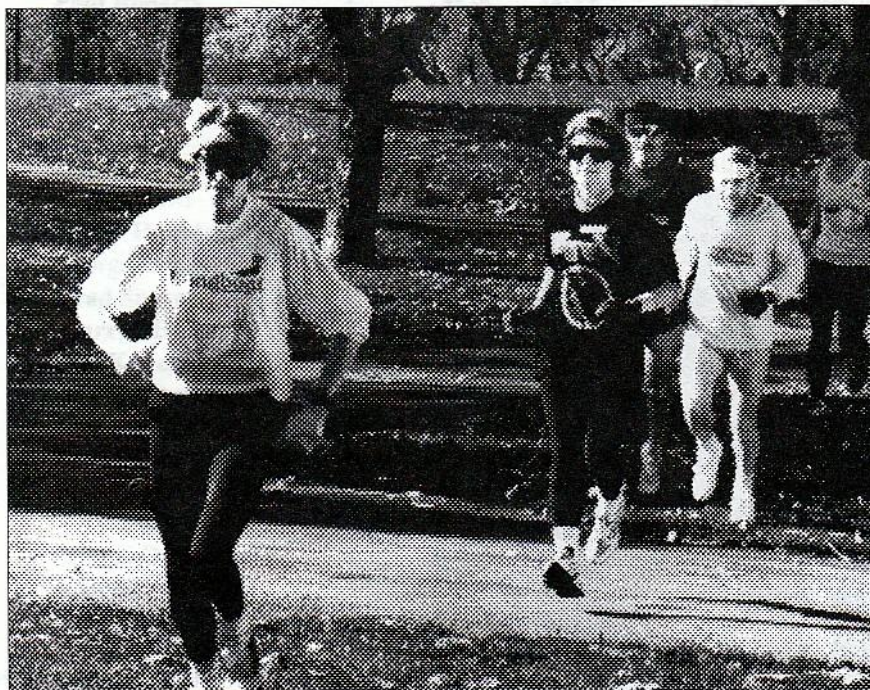
2. Etobicoke Huskies Striders	
Christine Guy	52:23
Margaret Rolfe	54:11
Laurie Goettl	64:34
Top 3 total time;	171:08

3. Scarborough Masters	
Joan Stapleton	54:53
Adri Rowswell	56:54
Cathy Tedford	70:20
Top 3 total time;	182:07

* Fred started 12 minutes after the gun. Eddie Raposo badly sprained his ankle during his warmup by stepping on a root at the bottom of the hill.

Volunteers;

Brian Keaveney Oliver Sinclair
 Bob Moore Dorly
 Jim Flowers Garry Drew
 John Van Der Vleuten
 Jim Pascoe Jim Turner
 Joe Wilkins Doug Smith
 Jack Castle
 Martha Fortier & Cathy Smith
 (goodies)



2nd place W40 Adele Emo leads a pack through the first loop.